## What is claimed is:

1. Vehicle cryo tank for storing a cryo fuel in a motor vehicle, comprising:

an internal storage container and an external container enveloping said
internal container so as to form an insulating vacuum, whereby heat input from
the outside into or at the internal container can be switched on or off, wherein
there is a switch selectable thermal bridge element, over which a heat
conducting connection between the wall of the internal container and the wall of
the external container can be produced or interrupted.

- 2. Vehicle cryo tank, as claimed in claim 1, wherein the thermal bridge element includes a receiving element, which is fastened to the outside of the wall of the internal container, as well as an output element, fastened to the inside of the wall of the external container, and at least one of the receiving element and the output element can be moved relative to the other.
- 3. Vehicle cryo tank, as claimed in claim 2, wherein the switch selectable thermal bridge element can be changed over electromagnetically.
- 4. Vehicle cryo tank, as claimed in claim 3, wherein the switch selectable thermal bridge element is designed in such a manner that in the closed state a spatial contact area for heat transfer is formed between the receiving element and the output element.

- 5. Vehicle cryo tank, as claimed in claim 2, wherein the receiving element has one of a smaller thermal capacity and a smaller size than the output element.
- 6. Vehicle cryo tank, as claimed in claim 2, wherein a heat exchanger is provided on the output element.
- 7. Vehicle cryo tank, as claimed in claim 2, wherein at least one of the output element and the receiving element are designed so as to be variable in shape in such a manner that in the closed state of the thermal bridge element a desired transfer of heat is obtained.
- 8. Vehicle cryo tank, as claimed in claim 2, wherein the shape of the output element can be changed in such a manner that in the closed state of the thermal bridge element the receiving element is clamped between the output element.
- 9. Vehicle cryo tank, as claimed in claim 2, further comprising: measures for increasing the heat transfer between the receiving element and a section of the wall of the internal container.
- 10. Vehicle cryo tank, as claimed in claim 9, further comprising: measures for increasing the heat transfer between the receiving element and the interior of the internal container.

11. Vehicle cryo tank, as claimed in claim 2, wherein the thermal bridge element is adapted to cool the internal container.

- 12. Vehicle cryo tank, as claimed in claim 2, further comprising:a second thermal bridge element adapted to cool the internal container.
- 13. Vehicle cryo tank, as claimed in claim 1, wherein the switch selectable thermal bridge element can be changed over electromagnetically.
- 14. A tank for storing a cryo fuel in a motor vehicle, comprising: an internal storage container;

an external container enveloping said internal container, an insulating vacuum formed therebetween; and

a switch selectable thermal bridge element which forms an interruptable heat conducting connection between the internal container and the external container.

- 15. The tank of claim 14, wherein the thermal bridge element includes a receiving element affixed to the internal container and an output element affixed to the external container, and at least one of the receiving element and the output element can be moved relative to the other.
- 16. The tank of claim 15, wherein the switch selectable thermal bridge element can be switched electromagnetically.

- 17. The tank of claim 16, wherein when the switch selectable thermal bridge element is in the closed state a spatial contact area for heat transfer is formed between the receiving element and the output element.
- 18. The tank of claim 15, wherein the receiving element has one of a smaller thermal capacity and a smaller size than the output element.
- 19. The tank of claim 15, further comprising:a heat exchanger disposed on the output element.
- 20. The tank of claim 15, wherein at least one of the output element and the receiving element is variable in shape such that when the thermal bridge is in the closed state a desired amount of heat transfer is obtained.
- 21. The tank of claim 15, wherein when the thermal bridge is in the closed state, the receiving element is captured by the output element.
- 22. The tank of claim 15, further comprising:

  at least one heat transfer enhancing element between the receiving element and the internal container.
- 23. The tank of claim 22, wherein the at least one heat transfer enhancing element increases heat transfer between the receiving element and the interior of the internal container.

- 24. The tank of claim 15, wherein the thermal bridge element is adapted to cool the internal container.
- 25. The tank of claim 15, further comprising:a second thermal bridge element adapted to cool the internal container.
- 26. A thermal bridge element for controlling heat transfer within a tank for storing a cryo fuel in a motor vehicle, comprising:

a receiving element adapted to be affixed to an exterior surface of an internal container of the tank; and

an output element adapted to be affixed to an interior surface of an external container enveloping said internal container,

wherein, when located in the tank, at least one of the receiving element and the output element can be moved relative to the other such that the thermal bridge element forms a switch-selectable interruptable heat conducting connection between the internal container and the external container.

- 27. The thermal bridge element of claim 26, wherein the switch selectable thermal bridge element can be switched electromagnetically.
- 28. The thermal bridge element of claim 27, wherein when the switch selectable thermal bridge element is in the closed state a spatial contact area for heat transfer is formed between the receiving element and the output element.

- 29. The thermal bridge element of claim 26, wherein the receiving element has one of a smaller thermal capacity and a smaller size than the output element.
- 30. The thermal bridge element of claim 26, further comprising: a heat exchanger disposed on the output element.
- 31. The thermal bridge element of claim 26, wherein when the thermal bridge is in a closed state, the receiving element is captured by the output element.
- 32. A method for controlling heat transfer within a tank for storing a cryo fuel in a motor vehicle, wherein the tank includes an internal storage container, an external container enveloping said internal container, an insulating vacuum formed therebetween, and a switch-selectable thermal bridge element which forms an interruptable heat conducting connection between the internal container and the external container, comprising the act of:

switching the thermal bridge element between a closed position and an open position to obtain a desired amount of heat transfer between the inner container and the outer container.

33. The method of claim 32, wherein the thermal bridge element includes a receiving element affixed to the internal container and an output element affixed to the external container, and at least one of the receiving element and the

output element can be moved relative to the other.

34. The method of claim 33, wherein the act of switching the thermal bridge element is controlled by a thermal bridge element switching controller.